

Survival Kits

Why a Survival Kit?

- It means you're thinking about the “unthinkable”
- A kit can help keep you at 98.6

Buy or Build?

- Commercial kits are better than nothing
- You can control contents/quality if you build

What Makes Good Kit

- Relevant
- Flexible
- Lightweight/Portable
- WX resistant
- Easy to use
- Items readily available
- KISS

Time to Gear Up

- First Aid items
 - Band-aids
 - Lg non-adhesive pads
 - Mole skin
 - Adhesive tape
 - Rubber gloves
 - Pain reliever
 - Tweezers
 - Iodine (2% solution)

Fire

- More than one source
 - Matches/case
 - Flint/striker
 - Disposable lighter

Tinder and Starters

- Magnesium block
- Cloths dryer lint
- Cotton balls
- Fine steel wool

Tinder and Starters

- Tuna candle



Signaling

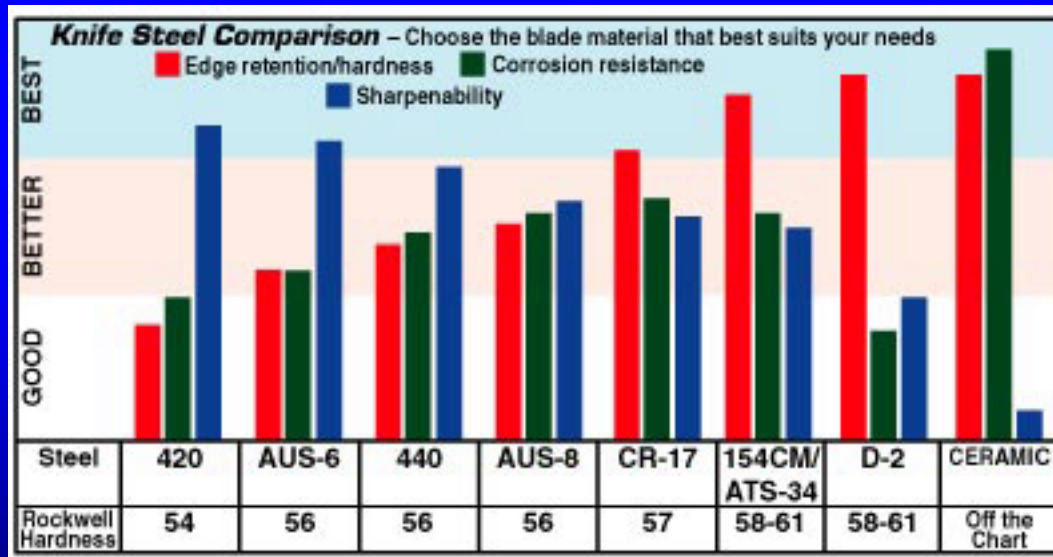
- Plastic whistle
- Signaling mirror
- Spare tire
- Car mirror

Other Stuff

- Water
- Food
- 550 cord
- Freezer and trash bags
- Duck tape
- Emergency blanket

Other Stuff

- Knife

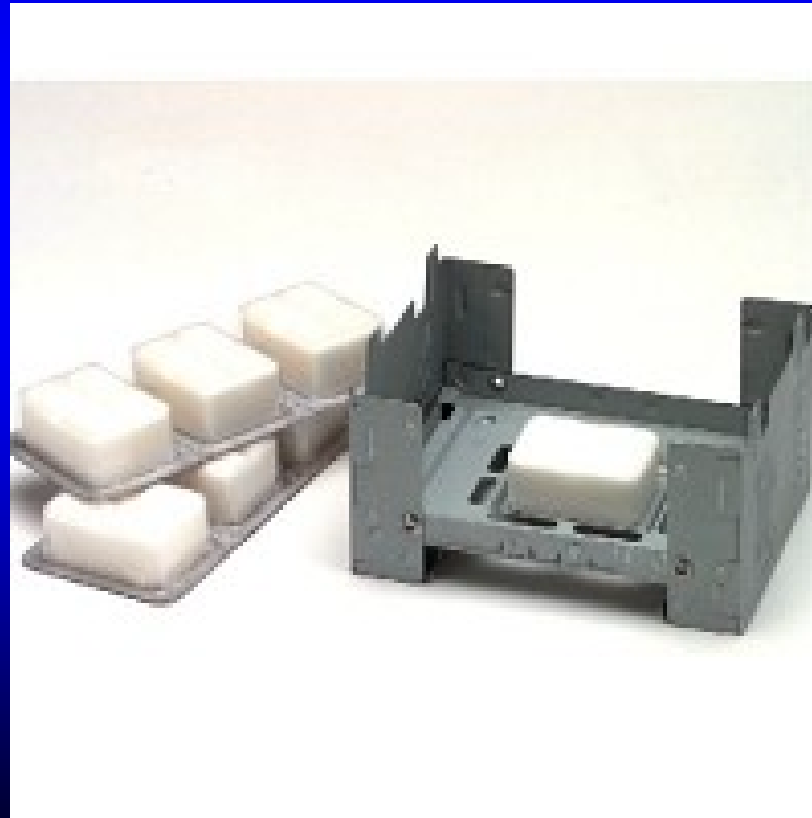


Other Stuff

- Candle
- Drinking cup
- 8x8 plastic sheet
- Flashlight
- Direction finding

Other Stuff

- Esbit stove



The Survival Stuff

Quick Facts

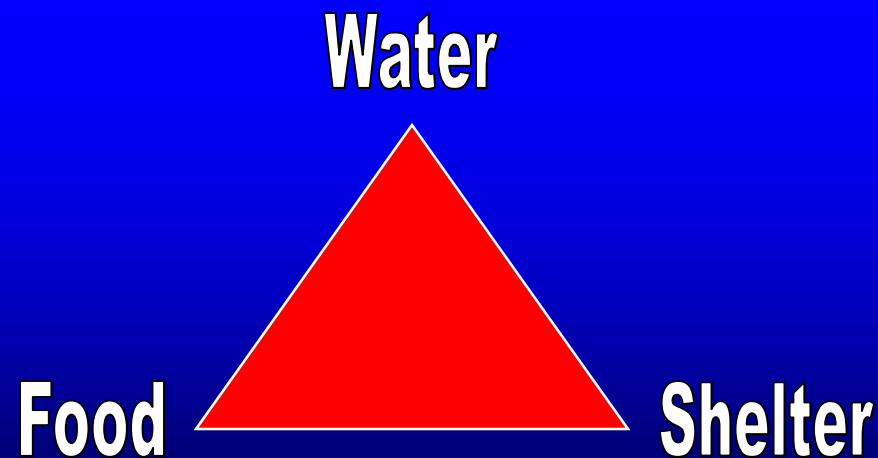
- You can last
 - 3 min with out air
 - 12 days with out water
 - 3 weeks with out food
 - Rescued within 3 days

Quick Facts

- Core temp below 75 F or above 111 F
- Work at 60%

Boosting Your Survival

- Mind set
- The triangle



Impeding Your Survival

- Pain, and or injury
- Illness
- Heat or cold
- Lack of water, food or shelter
- Feelings of desperation
- Loosing your way
- Unrealistic goals
- Rushing to get home

Fears Affect

- Minor blood vessels constrict
- Blood diverted to major muscle groups
- Breathing increases
- Sweating increases
- Heart rate increases
- Adrenaline enters system
- Bowel control is lost
- Fine motor control is lost

Temperature Gain/Loss

- Conduction
- Convection
- Radiation
- Evaporation

Clothing

- Layers
- Synthetics
- Natural Fibers
- Cotton kills

Water

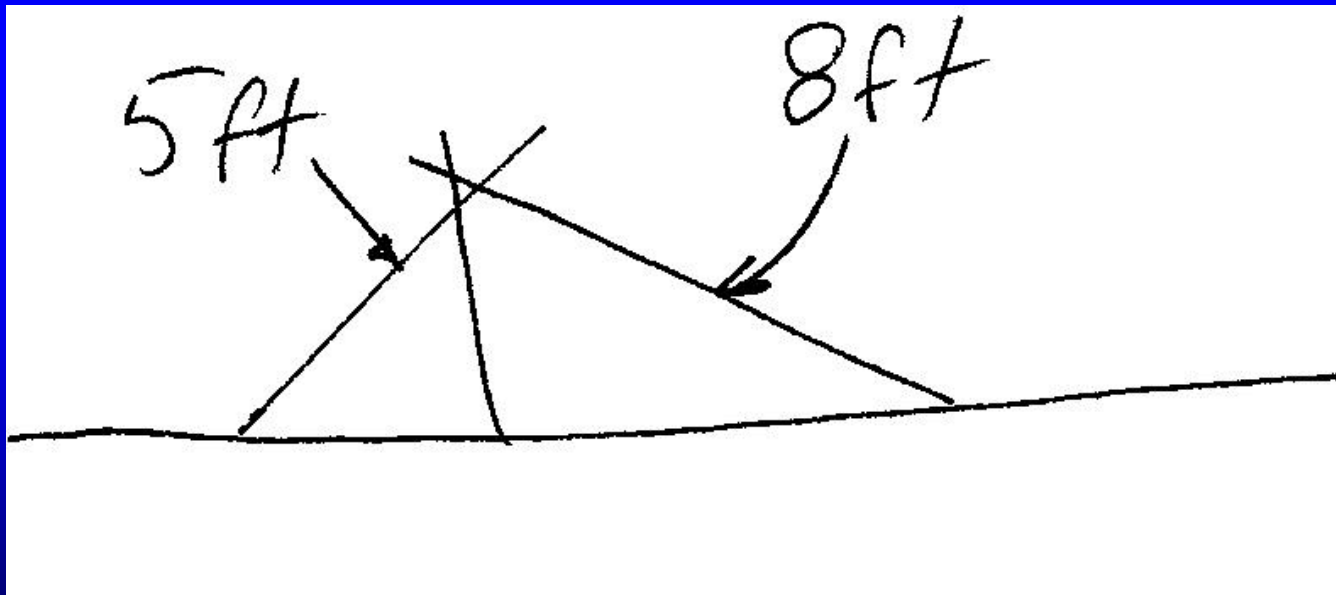
- Poor hydration
- Hydrate for next day
- Urine color
- Water intake
- Lack of water

Food

- Candy bar
- Energy bar
- Simple sugars/carbohydrates

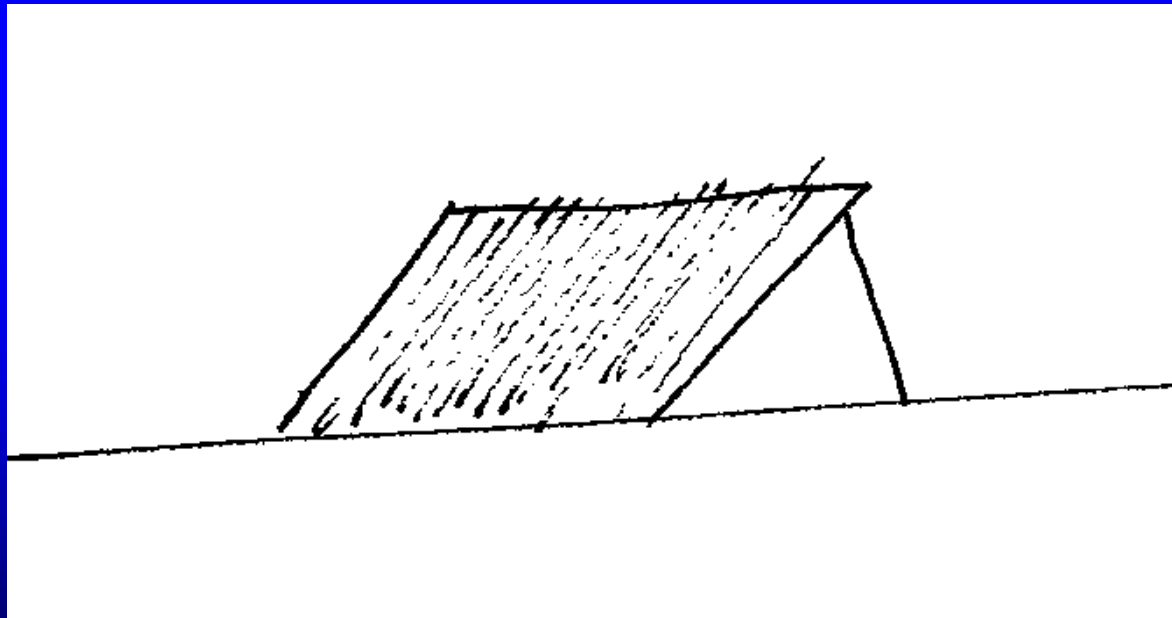
Shelter

- Modified lean-to 3 branches



Shelter

- Standard lean-to



References

- Build the Perfect Survival Kit: by John D. McCann
 - ISBN: 0-87349-967-0
- 98.6 Degrees the art of keeping Your ass alive: by Cody Lundin
 - ISBN: 1-58685-234-5
- NOLS Wilderness First Aid
 - ISBN: 0811728641

